

Amendments to the Claims:

This listing of claims replaces all prior versions and listings of claims in the application:

Listing of Claims:

1. (Currently amended) A metal framing member comprising: a formed metal sheet having a length and including a web region including a plurality of expanded web slots including voids and metal web elements and extending along a portion of the length, wherein the region includes a plurality of reinforcements proximate to the web slots and confined to the web elements and exclusive to the web voids, ~~and~~ each expanded web slot has a length to width ratio of ~~about~~ 2:1 or greater, and the ratio of the distance between adjacent slots prior to expansion to a width of the formed metal sheet prior to expansion is 1:8 or greater.
2. (Canceled)
3. (Original) The member of claim 1, wherein the formed metal sheet includes a web region and a first flange extending from the web region.
4. (Original) The member of claim 3, wherein the formed metal sheet further includes a second flange extending from the web region in a direction substantially parallel to the first flange.
5. (Original) The member of claim 3, wherein the web region includes the expanded web slots.
6. (Original) The member of claim 3, wherein the first flange includes the expanded web slots.
7. (Original) The member of claim 3, wherein each of the web region and the first flange includes the expanded web slots.

8. (Original) The member of claim 5, wherein each of the web region, the first flange and the second flange includes the expanded web slots.
9. (Original) The member of claim 4, wherein the formed metal sheet further includes a closing region extending the first flange to the second flange to form a substantially tubular structure.
10. (Original) The member of claim 9, wherein each of the web region, the first flange, the second flange and the closing region includes the expanded web slots.
11. (Original) The member of claim 1, wherein each web slot extends along a portion of a length of the member.
12. (Original) The member of claim 1, wherein the plurality of web slots is arranged in offset columns substantially parallel to a length of the member.
13. (Original) The member of claim 1, wherein the plurality of web slots form three or more columns of slots along the length of the member.
14. (Original) The member of claim 13, wherein the plurality of web slots form five or more columns of slots along the length of the member.
15. (Previously presented) The member of claim 1, further comprising additional reinforcements in the web elements.
- 16-26. (Canceled)
27. (Currently amended) A method of manufacturing a framing member comprising: providing a formed metal sheet having a length and a web region; placing a plurality of slots along a portion of the length in the web region such that the the ratio of the distance between adjacent slots prior to expansion to a width of the formed metal sheet prior to expansion is 1:8 or greater; placing reinforcements proximate to the slots confined to the web elements and exclusive to the web

voids; and expanding the slots of the web region to form expanded slots having a web element and a web void, each expanded web slot having a length to width ratio of about 2:1 or greater.

28. (Original) The method of claim 27, wherein providing the formed metal sheet includes roll forming a metal sheet.
29. (Original) The method of claim 27, wherein placing the plurality of slots includes piercing slots into the region.
30. (Original) The method of claim 27, wherein placing the plurality of slots includes stamping the slots into the region.
31. (Canceled)
32. (Previously presented) The method of claim 27, wherein expanding the slots includes passing the formed metal sheet over a tapered block.
33. (Previously presented) The method of claim 27, wherein expanding the slots includes mechanically moving sides of the region apart.
34. (Previously presented) The method of claim 27, wherein the reinforcements are placed proximate to the slots before expanding the slots.
35. (Canceled)
36. (Original) The method of claim 27, wherein the formed metal sheet includes a first flange extending from the web region and a second flange extending from the web region in a direction substantially parallel to the first flange.
37. (Original) The method of claim 27, further comprising placing a plurality of slots along a portion of the length in each of the first flange and the second flange.

38. (Original) The method of claim 37, further comprising expanding the slots of the first flange and the second flange.
39. (Original) The method of claim 36, wherein the formed metal sheet further includes a closing region extending the first flange to the second flange to form a substantially tubular structure.
40. (Original) The method of claim 27, wherein placing the plurality of slots includes arranging the slots in offset columns substantially parallel to a length of the member.
41. (Previously presented) The method of claim 27, further comprising heat treating the member after expanding the slots.
42. (Currently amended) A method of building a structure comprising: placing an expanded framing member in a portion of the structure, the expanded framing structure including a plurality of expanded web slots forming a plurality of web elements and a plurality of voids in a region of the framing member, wherein the region includes a plurality of reinforcements proximate to the web slots and confined to the web elements and exclusive to the web voids, and each expanded web slot has a length to width ratio of ~~about~~ 2:1 or greater and the ratio of the distance between adjacent slots prior to expansion to a width of the formed metal sheet prior to expansion is 1:8 or greater.
43. (Original) The method of claim 42, further comprising installing wiring, plumbing or a heating duct through at least one void of the member.
44. (Previously presented) The member of claim 1, wherein the reinforcements include a strengthening flange.
- 45-48. (Canceled)

49. (Previously presented) The method of claim 27, wherein the reinforcements are placed proximate to the slots after expanding the slots.
50. (Previously presented) The method of claim 27, wherein the reinforcements include a strengthening flange.
51. (Previously presented) The method of claim 42, wherein the reinforcements include a strengthening flange.
52. (Canceled)
53. (Currently amended) A method of manufacturing a framing member comprising: providing a formed metal sheet having a length and a web region; placing a plurality of slots along a portion of the length in the web region such that the ratio of the distance between adjacent slots prior to expansion to a width of the formed metal sheet prior to expansion is 1:8 or greater; expanding the slots of the web region to form expanded slots having a web element and a web void, each expanded web slot having a length to width ratio of about 2:1 or greater; and heat treating the member.
54. (Currently amended) A metal framing member comprising: a formed metal sheet including a plurality of expanded web slots in a region of the formed metal sheet, wherein the expanded web slots are heat treated, ~~and~~ each expanded web slot having a length to width ratio of ~~about~~ 2:1 or greater, and the ratio of the distance between adjacent slots prior to expansion to a width of the formed metal sheet prior to expansion is 1:8 or greater.
55. (Previously presented) The member of claim 1, wherein the reinforcements include a dart or dimple.
56. (Previously presented) The method of claim 27, wherein the reinforcements include a dart or dimple.

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57. (Previously presented) The method of claim 42, wherein the reinforcements include a dart or dimple.
58. (Previously presented) The method of claim 27, wherein the reinforcements are placed prior to placing the slot.
59. (Canceled)